

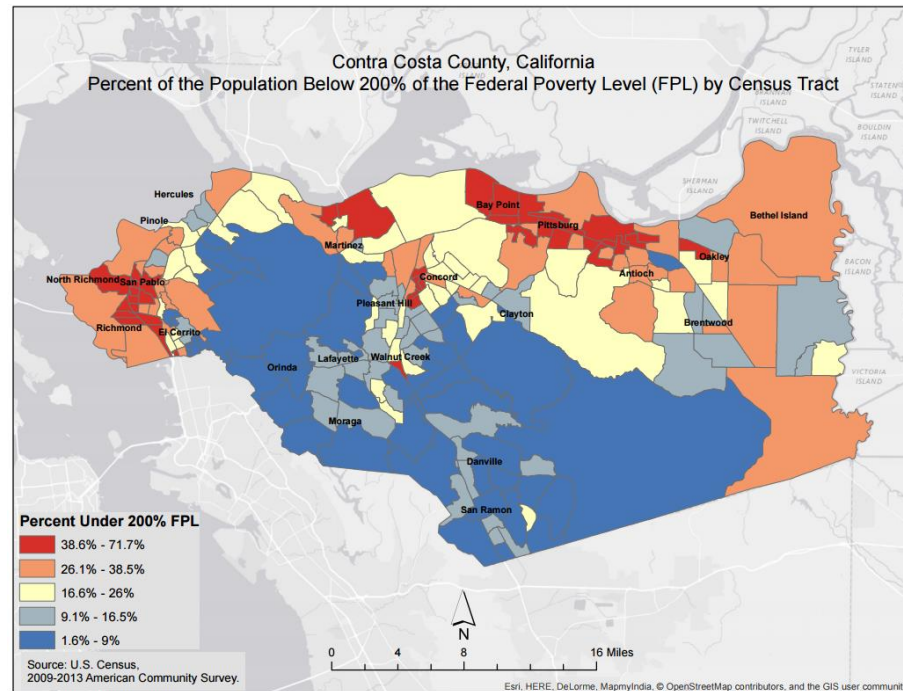


County Nutrition Action Partners (CNAP) Contra Costa County



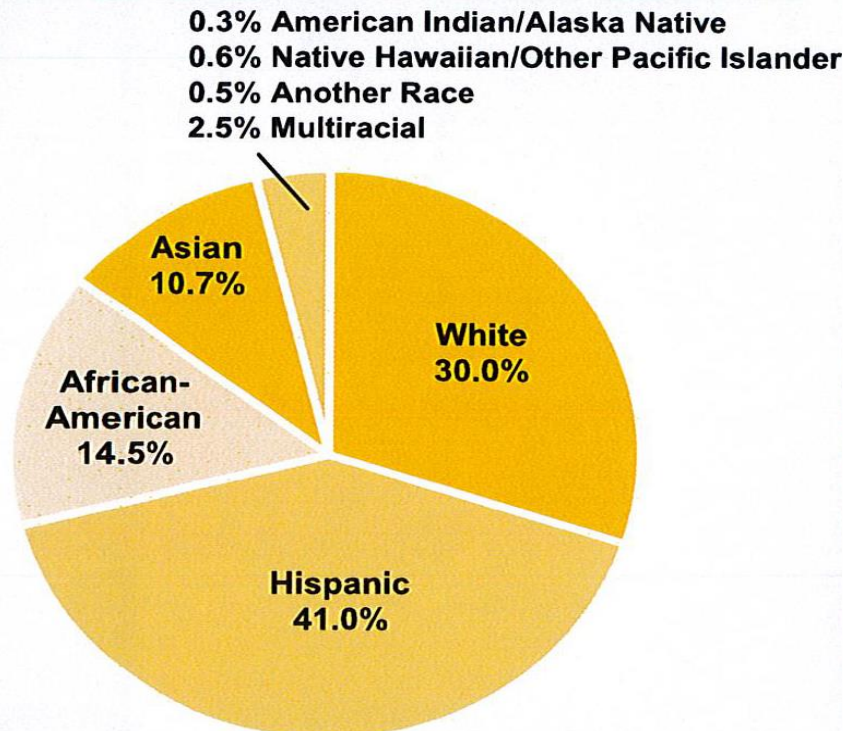
Presented By:
Gwendolyn White, MA
Health Education Specialist
Nutrition and Physical Activity Promotion Project
Contra Costa Health Services

A Snapshot of Contra Costa County



A Snapshot of Contra Costa County

Race/Ethnicity (<185% FPL)



Partnerships Within Our CNAP

- **Antioch, Mt. Diablo, Pittsburg, and West Contra Costa Unified School Districts**
- **Area Agency on Aging - Meals on Wheels and Senior Outreach Services**
- **Bay Area Community Resources (BACR)**
- **City of San Pablo**
- **Contra Costa Certified Farmers' Market**
- **Contra Costa Child Care Council**
- **Contra Costa County Community Services Bureau (Head Start)**
- **Contra Costa Employment and Human Services**
- **Contra Costa Health Services**
 - **Child Health and Disability Prevention**
 - **Community Wellness & Prevention Program**
 - **Contra Costa Health Plan**
 - **Senior Nutrition**
 - **WIC**







Partnerships Within Our CNAP

- **Food Bank of Contra Costa and Solano Counties**
- **Fresh Approach**
- **Healthy and Active Before 5**
- **John Muir Medical Center**
- **Monument Crisis Center**
- **Pacific Coast Farmers' Market**
- **University of California Cooperative Extension**
- **Weigh of Life**
- **YMCA**
- **Youth Enrichment Strategies (YES) Nature to Neighborhoods**



CNAP Roles and Responsibilities:

- Promote participation in all Food and Nutrition Service (FNS) partner programs with the goal of increasing fruit and vegetable purchasing power among low-income families.

<p>CalFresh Program (formerly Food Stamps) 1-877-928-4630 www.foodbankccs.org/get-help/food-stamps.html</p> <p>CalFresh helps improve the health and nutrition of people qualified for the program.</p> <p>Monthly electronic benefits (similar to a bank debit card) are issued that can be used to buy most foods at many markets, farmers' markets and grocery stores.</p> <p>For emergencies, you have a right to CalFresh benefits within 3 days if your monthly gross income is less than \$100 and you have less than \$200 in cash, checking or savings. Call 1-855-309-3663 or visit the office closest to your city.</p> <p>CalFresh Offices: 4545 Delta Fair Boulevard, Antioch 151 Sand Creek Road, Brentwood 400 Ellinwood Way, Pleasant Hill 151 Linus Pasing Drive, Hercules 1305 Macdonald Avenue, Richmond</p>  <p>24/7 Helpline provides counseling and referrals for food, shelter, health care programs.</p>	<p>Nutrition Programs and Resources for Contra Costa County</p>  <p>Developed by Families CAN Contra Costa County Coalition for Physical Activity and Nutrition</p> <p>For more information visit our website http://cchealth.org/foodsecurity/</p>	<p>Food Bank of Contra Costa and Solano 1-855-309-FOOD (3663) www.foodbankccs.org</p> <p>The Food Bank provides information and nutritious foods to low-income individuals needing more food. The food bank delivers healthy foods directly to communities and helps people apply for CalFresh (food stamps).</p> <p>If you need food immediately, call the Food Bank directly or visit their website for help. The Food Bank will tell you the closest food pantries, free hot meals, food and produce distributions.</p>  <p>Food Assistance Program http://www.foodbankccs.org/get-help/food-assistance-program.html 1-855-309-FOOD (3663)</p> <p>This Food Bank program provides one member of low-income households a box of food every month. Visit the website to review income qualifications and learn more about signing up.</p> <p>Community Produce Program http://www.foodbankccs.org/get-help/community-produce-program.html 1-855-309-FOOD (3663)</p> <p>This Food Bank program gives one member of each household one or two bags of fresh fruits and vegetables twice a month. Bring your own bags with handles!</p>	<p>Pregnant Women and Mothers Infants and Preschool</p> <p>Women, Infants & Children Supplemental Nutrition Program (WIC) - Contra Costa Health Services 1-800-414-4WIC http://cchealth.org/wic/</p> <p>WIC provides nutritious food, nutrition education, breastfeeding support and referrals for women who are pregnant or postpartum, and parents with children under 5 years old who meet the WIC income standards.</p> <p>Many working families are eligible.</p> <p>WIC provides families with healthy foods such as milk, cheese, cereals, whole grain foods, eggs and fruits and vegetables valued at \$60 per person each month.</p>  <p>wic women, infants & children WIC is an equal opportunity program</p>
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CNAP Roles and Responsibilities:

- Coordinate consistent nutrition education messages across all FNS programs and campaigns as well as coordinate nutrition education and physical activity promotion efforts to avoid duplication.



rethink
YOUR DRINK



**Drink
Better**

CNAP Roles and Responsibilities:

- Strengthen local food security through greater awareness and access to local resources.



How Was Our CNAP Created?

Families CAN

As of 2010, the childhood obesity rate in Contra Costa was almost 34 percent. Children who are obese in their preschool years are more likely to be obese as adolescents and adults. Young people who are obese are more likely than others to develop related health problems including heart disease, type 2 diabetes, stroke and some forms of cancer.

- More than a quarter of Contra Costa school children are over weight.
- Based on California School Testing, 74% of 5th, 7th and 9th graders are unfit.
- If current trends continue, one-half of Latino children and one-third of all US children born in 2000 will develop diabetes in their lifetime.
- Half of obese children and adolescents become obese adults.
- Join us to make a difference!

What is Families CAN?

Families CAN is a group of Contra Costa organizations and residents working to advocate and promote healthy lifestyles through nutrition and physical activity for families in Contra Costa County. We were established in 1999 when local data about obesity prompted community members and the County Health Services Department to address the issue.

What does the Coalition do?

The coalition looks at all the factors that impact health and physical activity of all Contra Costa residents such as:

- Environment
- Lifestyle
- Education
- Policies
- Legislation

Over the years the coalition has educated the community through marketing campaigns, educated medical and other providers about strategies to address the obesity epidemic, encouraged member organizations to change their own practices in order to promote healthy lifestyles among their clients, and promoted policy and legislation by inviting elected officials and community leaders to our table or by advocating on behalf of certain pieces of legislation.

Meeting Schedule and Location

Families CAN meets the second Monday of the month from 1:30 to 3:30 p.m.

January	July
March	September
May	November

Join Families CAN!

Families Coalition for Activity and Nutrition

Have Fun and Be Healthy

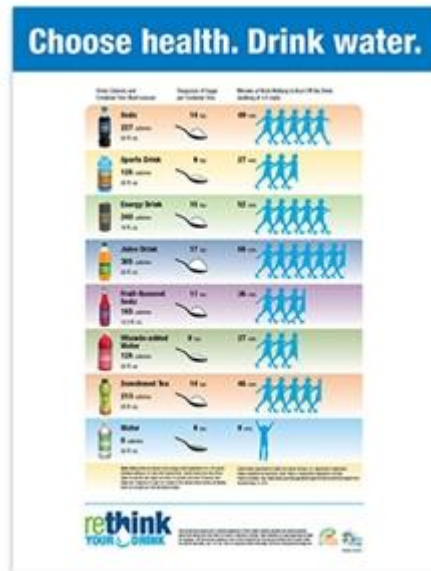


Every Day

Promoting healthy lifestyles for Contra Costa families

Helping to Make the Healthy Choice, the Easy Choice!

-
- A basketball is suspended in mid-air above a hoop. Several hands are reaching up towards the ball, suggesting a game or a challenge. The background is a clear blue sky.



Some of our accomplishments:

- working with local school districts to promote their summer meal programs



**West Contra Costa
Unified School District**



**Pittsburg
Unified School District**

Some of our accomplishments:

- Partnering with each other's programs for events



Food Day, Pittsburg USD

Food Day, Richmond



Some of our accomplishments:

- Partnering with each other's programs for events



Fruit and Veggie Fest -
Grocery Outlet, San Pablo



Fruit and Veggie Fest -
Mi Pueblo Supermarket,
Pittsburg

Some of our accomplishments:

- Partnering with each other's programs for events

Celebrate Health & Fitness!

Tuesday, May 21, 2013
10am-2pm

Pacific Coast Farmers' Market - Todos Santos Plaza,
Mt. Diablo and Willow Pass Road
Concord

Community Resource
Information &
Giveaways!

Food Demonstration &
Tasting!

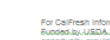


Fun Physical
Activities!



Sponsored by Families CAN (Coalition for Activity and Nutrition)
& County Nutrition Action Partners (CNAP)

For more information call or email
Gwenn at 925.313.6829
gwenn.white@hdsd.cccounty.us



For CalFresh information, call 1-877-847-3863.
Funded by USDA SNAP, an essential
opportunity provider and employer. Visit
www.calchampionforchange.net for healthy tips.
©California Department of Public Health

Some of our accomplishments:

- Quarterly Messaging



{In Archive} January-March Quarterly Messaging

Gwenn White to: Emily Justice, normalisenko, Shelee Loughmiller, alison.wohlgemuth, ana, assisted, Arlette Hernandez, Audry Gonsalvez, bjellison, Bianca LaChaux...

01/04/2016 01:28 PM

[Show Details](#)

Archive: This message is being viewed in an archive.

Happy New Year!

The January-March quarterly theme is **Eating Right When Money's Tight** and the Harvest of the Quarter is **Oranges**. Here are a couple of handouts from the USDA and Harvest of the Month:



[EatRightWhenMoneysTight.pdf](#)



[EatRightWhenMoneysTight_ES.pdf](#)



[Community HOTM - Oranges_Eng.pdf](#)



[Community HOTM - Oranges_Span.pdf](#)



Wishing you a happy and healthy 2016!

Gwenn

Gwenndolyn White, MA
Nutrition and Physical Activity Promotion
Contra Costa Health Services
597 Center Avenue Suite 125
Martinez, CA 94553

Present and Future activities:

Contra Costa County CNAP_Partner Projects.xlsx - Microsoft Excel

File Home Insert Page Layout Formulas Data Review View Add-Ins

Clipboard Font Alignment Number Styles Cells Editing

AutoSum Fill Clear Sort & Filter Find & Select

Normal Bad Good Neutral Calculation Check Cell

Conditional Format as Formatting Table

Wrap Text Merge & Center

Font: Arial, 10, Bold, Italic, Underline, Text Color, Background Color

Alignment: Left, Center, Right, Justify, Indent, Decrease Indent, Increase Indent, Merge & Center

Number: General, Text, Percentage, Decimal, Fraction, Scientific, Date, Time, Custom

Styles: Normal, Bad, Good, Neutral, Calculation, Check Cell

Cells: Insert, Delete, Format

Editing: Fill, Clear, Sort & Filter, Find & Select

C4	Farm to Fork nutrition education curriculum and training. No cost to low income schools and organizations.					
	A	B	C	D	E	F
1	FOOD SYSTEMS EDUCATION					
2						
3	Organization Name	Contact Name/EMAIL	What services do you provide?	Where?	What are your ongoing needs?	What are your ONE time needs?
4	UCCE	Marisa Neelon mqneelon@ucanr.edu	Farm to Fork nutrition education curriculum and training. No cost to low income schools and organizations.	Contra Costa		
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NUTRITION ED & TRAINING FOOD SYSTEMS EDUCATION PA EDUCATION SCHOOL & COMMUNITY EVENTS OTHER

100%

7:47 AM 5/24/2016

Present and Future activities:

- Increasing access to healthy foods and beverages and improve the retail environment in retail stores and Farmers' Markets





Thank you!

Gwenn White, MA

Health Education Specialist

Contra Costa Health Services

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